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Edmonton metro

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WESTWOOD FEDERAL FAILURE
DAY 2 OF OUR SPECIAL FOCUS ON CAMPUS SEX ASSAULT
metroNEWS



CRAZY LIKE A...

Flannel Foxes, an Edmonton unisex fashion brand, sets sights on Western Canada metroNEWS

No pipeline, no carbon tax: Notley

ENERGY
Industry says proposed federal tax could make them uncompetitive

Ryan Tumilty
Metro | Edmonton

Alberta's political and industry leaders are describing Prime Minister Justin Trudeau's proposed national carbon as a pill too big to swallow — if it doesn't come with a pipeline to tidewater.

"An ambitious public policy move like this — even one as worthwhile as this — needs to be built upon a fundamentally healthy economic pipeline," said Premier Rachel Notley, after Trudeau announced his plan Monday.

"We need Canada to have our backs and we need to get a pipeline."

The Trudeau proposal is to introduce a national carbon tax on any Canadian province that lacks one. If passed, it would rise from \$10 per tonne in 2018 to \$50 per tonne by 2022 — above Alberta's current \$30 target.

Tim McMillan, president of the Canadian Association of Petroleum Producers, said Ottawa must keep its commitment to ensure any carbon tax still allows industries to remain globally competitive.

A \$50-per-tonne carbon tax would potentially drive investment to countries without carbon taxes, he said.

"If we look at the jurisdictions we are competing with to attract capital dollars and which ones of those have a price on carbon, it's pretty much no one."

Calgary Mayor Naheed Nenshi, while continuing to argue cities should be exempt for any carbon tax, also commended Notley.

"Good for her. This is exactly right. Climate change has to be done in conjunction with the building of infrastructure to make sure we can get our energy to market."

Notley said her government is committed to climate change and doesn't challenge the notion of a higher tax, but that it has to come with pipelines so the industry can afford it.

"Before we are prepared to embrace those goals we need concrete action from the federal government."

WITH FILES FROM HELEN PIKE/METRO

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TRAVIS VADER

Mistrial decision to come at month's end

An Edmonton judge says he will decide at the end of the month whether to declare a mistrial for a man he found guilty of murdering two seniors.

Two weeks ago, Justice Denny Thomas found Travis Vader guilty of second-degree murder in the deaths of Lyle and Marie McCann whose bodies have never been found. But he used an unconstitutional section of the Criminal Code to reach his verdict.

Vader's defence lawyer applied for a mistrial, something the Crown says it opposes.

Thomas has instructed both sides to submit written arguments by Oct. 19 so that he can make a decision on Oct. 31.

The McCanns, both in their

late 70s, disappeared in 2010 after setting out on a camping trip to British Columbia.

Law professors say the verdict isn't likely to stand and the trial could be reopened.

"I think no matter which road you go down, it ends up in a manslaughter verdict," says Peter Sankoff, a law professor at the University of Alberta.

Section 230 of the Criminal Code, declared unconstitutional in 1990 by the Supreme Court, allowed for a second-degree murder verdict if a killing occurred during the commission of another crime, such as robbery. Otherwise, the killing must be intentional for that verdict to be reached. THE CANADIAN PRESS

Schools sparring over surplus sites

EDUCATION

Public board fears private system could drain students

Kevin Maimann
Metro | Edmonton

The chair of the Edmonton school board says he was shocked to find out the city approved the sale of two surplus school sites to private schools.

Sites declared as surplus by school boards are usually saved for affordable housing and other community revitalization efforts,

but council agreed last month to sell one site in the northeast to an Islamic school and one in the southeast to a Sikh school, pending approval of each deal.

"We had never contemplated that these schools would be used for private school sites," said Michael Janz.

"It was not only shocking, but disappointing to us."

Janz said Edmonton Public already has six schools within walking distance of the site at 150 Avenue and 88 Street — which would house the Muslim Association of Canada Islamic School's new location — and he's worried it will pull students from the existing schools.

He's also worried the move will set a precedent that could see more surplus sites going to private schools in the future.

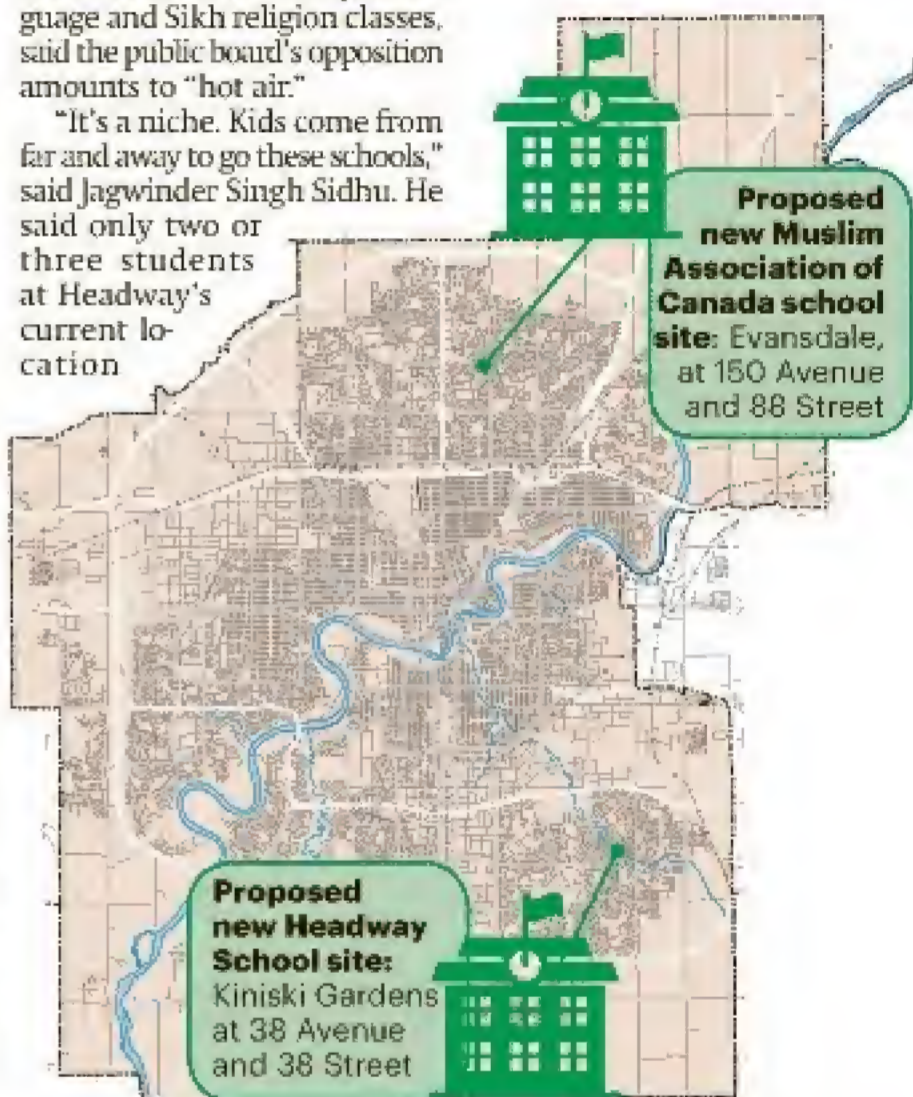
Janz has requested meetings with Mayor Don Iveson and Education Minister David Eggen, while Edmonton Catholic chair Marilyn Bergstra said in an emailed statement that her board agreed it needs to discuss the matter with the city.

Coun. Ed Gibbons said the move should not have been made without approval from the school boards.

The principal of Headway school, which will move into Kiniski Gardens at 38 Avenue and 38 Street to offer Punjabi language and Sikh religion classes, said the public board's opposition amounts to "hot air."

"It's a niche. Kids come from far and away to go these schools," said Jagwinder Singh Sidhu. He said only two or three students at Headway's current location

live in the area, while buses bring in students from across Edmonton.



POLITICS

Regional mayors sign transit, economic plan

Ryan Tumilty
Metro | Edmonton

Nine mayors in the region have signed a plan that could have the Edmonton region working more collectively in future.

Mayors from Edmonton, Fort Saskatchewan, Leduc, Leduc County, Spruce Grove, Parkland County, Strathcona County, Stur-

geon County and St. Albert all signed a plan Monday for a legally binding agreement on regional transit, economic development and land-use planning.

Mayor Don Iveson said it's time the region work together, not compete.

"We know the pie will be bigger as a result and sharing that pie to enable building more infrastructure to enable more growth is the right thing to do."



Michael Janz. CONTRIBUTED

RICK MERCER REPORT

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TONIGHT Rick's back with major altitude. The new season takes off with a trip in a gyroplane over Southern Ontario.

ALL NEW SEASON
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8:30 NT





Meagan Henderson, Brittnei Goshulak and Mike Lundy are the team behind local fashion brand Flannel Foxes. TIM QUERENGESSER/METRO

Bloggers unveil new fashion line

APPAREL

Clothing line biggest move yet for the unisex brand



Alex Boyd
Metro | Edmonton

Local fashion bloggers and gendered-clothing-challengers Flannel Foxes are growing up by launching a new fashion line steeped in the western Canadian esthetic.

"To us, the western Canadian lifestyle is all about going back to our roots," said co-founder Meagan Henderson. "Bonfires, watching the sunset on country roads, enjoying a local beer on a patio — even in winter."

The new clothing line is the

biggest move yet for the unisex brand, known for its 're-creations,' in which Henderson and partner Brittnei Goshulak take a male fashion shoot outfit and make it over for a woman.

When they started two years ago, they never thought their passion project would one day lead to a full line of sweaters, shirts and hats. But it has.

Back then, the duo took a few shots of their tomboy-inspired looks, put them up on Instagram and didn't think much about it. Then, BuzzFeed took notice.

That led to thousands of followers, a blog, a small collection of tuques and T-shirts, and help from designer Mike Lundy.

Now, even more is changing, Henderson said. For one, they're doing away with the recreations.

"We're transitioning for sure," she said. "We're still

going to do blog posts, but we do want to be known as a clothing brand, not a blog."

Don't worry: Their original tomboy esthetic will remain unchanged.

"For me, I always just preferred men's clothing. I felt more comfortable in it. There are certain problems with women's clothing, from fabrics not being thick enough, or pockets not really existing," Henderson said.

"And really, there's no need to be a division anymore between male and female clothing. Our clothes look great on everyone."

The first full Flannel Foxes collection will be officially launched Nov 15, and will be available online and in some Edmonton locations after that.

"We believe that west Canada is best Canada and we want to share that," Henderson said.

ST. ALBERT

Chicken plan raises concerns



Ameya Charnalia
For Metro | Edmonton

Some St. Albert residents are butting heads with avian advocates who support a project approved by city council allowing residents to raise chickens in their backyards.

City council voted to approve a motion to allow the Backyard Hen project on Sept. 26, with strict guidelines.

The project, which will run from 12 to 14 months, will allow up to 20 residents to keep a maximum of four hens for non-commercial purposes.

St. Albert resident Jaye Walter said he isn't too comfortable with the idea of people raising livestock in the city.

For starters, the chickens could bring down the resale values of homes and pose health risks, said Walter.

"It very well could persuade potential buyers to not want to buy and I see that as a big potential problem," he said.

There could also be an unintended impact on the local economy, Walter said, if people choose to eat eggs from their backyards and stop going to their local grocer.

"Even though this is absolutely a small minority of

people that would probably want to try this, the reality is the larger impact not only to their immediate neighbourhood but to the local economy could be huge."

Those participating in the project will have to get the unanimous consent of anyone within a 60-metre radius of their property before welcoming any hens.

Donna Salzwedel went to city council to support the project.

"I don't think they're going to bother anybody," she said. "They're not so bad, it's the roosters that are noisy and we're not allowed roosters."

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Sexual Assault on Campus: A Metro Special Focus

Day 2: A federal vacuum

Lost without leadership

Campus sexual assault is a national problem, but no one's pursuing a national solution. With no central accountability or oversight, the provinces and schools are on their own.



Rosemary Westwood
Metro | Toronto

One of the defining elements of the fight against campus sexual assault in Canada is what it lacks: a national strategy.

To some degree, this is by constitutional design. We have no federal education minister, no federal responsibility for post-secondary education. Politically speaking, it's not a national matter.

In this vacuum, the provinces are left to negotiate a new era of sexual-assault legislation.

In Ontario and B.C., new bills passed in the last year require every post-secondary institution to have a standalone sexual-assault policy (by January and May, respectively). An opposition MLA in Manitoba has put forward a similar bill, as has the Conservative opposition in Nova Scotia. Meanwhile, Nova Scotia's ruling Liberals signed a memorandum of understanding with universities this summer tying the development of sexual-assault policies to increased funding.

In Alberta, the minister of education has directed all schools to have standalone sexual-assault policies (expected to be in place by the spring). And in other

provinces — at the University of Regina, University of Saskatchewan and Memorial University in Newfoundland — schools are shouldering the initiative themselves.

But while these efforts have been greeted with hope and some praise (most notably by politicians and university administrators), critics argue the legislation doesn't go far enough.

In each province, schools are given broad autonomy over what exactly the policies should look like — a significant vote of confidence in a sector roundly viewed as having failed on the issue for decades.

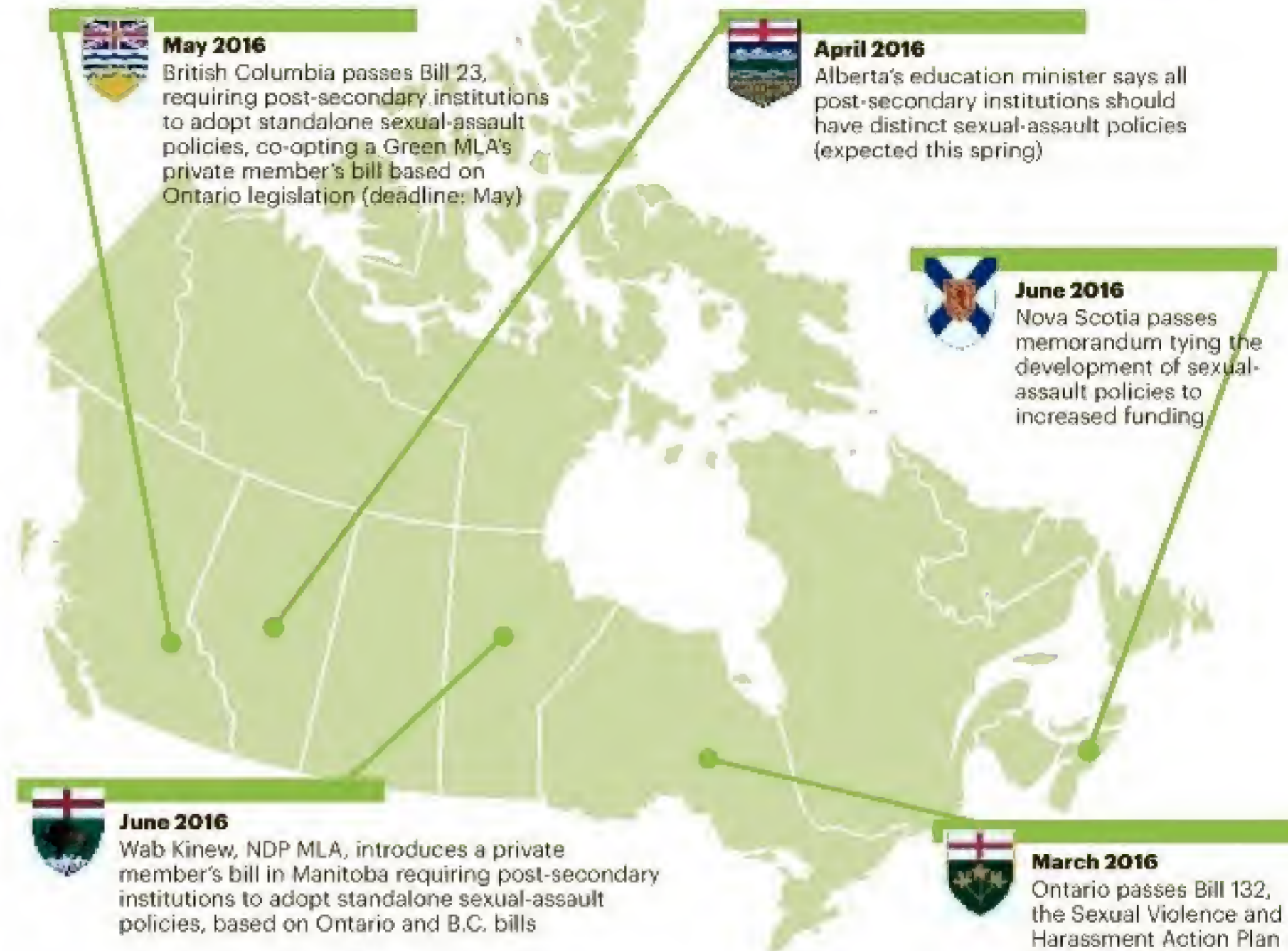
None of the new or proposed legislation establishes centralized responsibility for ensuring the policies operate as they should. That's striking, since institutional accountability has been at the heart of numerous complaints about university responses to sexual assault.

Dawn Moore, a Carleton professor and the lead investigator for a major research report on campus sexual assault released this summer, was among 20 colleagues who wrote to the university's president this spring, expressing concerns the school was "embarrassing" itself by not consulting from the beginning with academics whose research deals with sexual assault. Similar complaints were registered at other schools with experts in the field.

These patchwork efforts are not the only option.

Provincial education ministers do have a national body, the Council of Ministers of Education, that co-ordinates on "pan-Canadian education initiatives." In a meeting this summer, they talked about a range of issues including indigenous education and funding, but sexual assault appeared nowhere on the agenda.

Meanwhile, the minister for the status of women, Patty Hajdu, has been tasked with developing the Federal Strategy Against Gender-based Violence, which she told me will include campus violence. But Hajdu's staff took pains to reiterate that campus sexual assault is the jurisdiction of provinces, and Hajdu said her ministry's role could only be one of



The provinces' latest efforts have been a patchwork of legislation and directives in the absence of a co-ordinated national strategy

support.

"We're working very closely with the provinces, the territories, looking at how can we actually support the work that has been happening across the country and where are the gaps at a federal level that we can actually fill in," she said.

Hajdu said consultations with campus sexual-assault survivors brought up the example of the U.S., where there has been a far more aggressive national push to tackle the problem.

"There are a number of pieces of legislation and actions the president himself has taken and been very clear about. For example, making sure that campuses that he visits have strengthened policy and legislation around sexual violence and insisting that exists before he visits those campuses,"

Hajdu said.

President Barack Obama indeed makes a striking contrast to Prime Minister Justin Trudeau on the subject. While one has made an end to campus violence a pillar of his administration and tasked Vice-President Joe Biden with the file, Metro found no evidence that Trudeau has spoken publicly about campus sexual violence since winning office.

Wab Kinew, Manitoba NDP MLA and a proponent of a

bill to require sexual-assault policies on campuses in that province, suggests that a public statement from Trudeau could be a useful start.

"Potentially there's room for federal intervention, but before that it would be great

to see the prime minister weigh in and say consent culture is important," he said.

Any federal strategy — like Hajdu's — will take time, he noted, but a statement like that could happen "right away."

About the series

Mon. | The power of five

The most organized Canada-wide effort to combat campus sexual assault comes from an unlikely crew of five young women.

Tues. | A federal vacuum

The problem is national, but solutions have been regional and parochial.

Wed. | The U.S. & U.K.

U.S. law and White House directives make for more rigorous requirements. But the U.K. lags behind.

Thurs. | Dearth of data

We don't know how big the problem is because no one is incentivized to find out.

Fri. | The way ahead

We have a problem; we need a plan.



Join The Fight

Tell your story and pressure your MP using **#safercampusnow** and follow the series at **metronews.ca**.

DOING 'SOMETHING,' FIXING NOTHING



Glynnis Kirchmeier is one of three women who've filed

human-rights complaints against Canadian universities over the past year.

As part of her complaint against the University of British Columbia, Kirchmeier is asking the school to hire an independent person tasked with evaluating and

overseeing its sexual-assault responses.

"I wouldn't have voted for it," Kirchmeier said of B.C.'s campus sexual-assault bill, which she criticized as toothless and vague.

"Why waste your time on legislation that is not very good? That's not to say I don't understand legislation has compromises, but this was so far from anything worth doing. I'm worried that people will say: 'That's that. We did something.'"

Carbon plan gets mixed reception

CLIMATE CHANGE

Saskatchewan Premier claims 'tax' will hurt economy

Prime Minister Justin Trudeau has given provinces two years to come up with a plan to price carbon pollution or risk having one imposed on them by Ottawa, a move that delighted environmentalists but has rankled some premiers.

Trudeau on Monday announced his government's plan to lay the framework for a national plan to price carbon by imposing a minimum pricetage beginning in 2018.

Reaction to the proposal was swift — and mixed. Environmentalists cheered the move, saying it was one step towards meeting the commitment made by Canada and almost 200 other nations in Paris last December to cut greenhouse gas emissions.

But in Montreal, where provincial environment ministers were meeting with their federal counterpart, the ministers from Nova Scotia, Newfoundland

and Labrador and Saskatchewan all left early to protest Ottawa's announcement.

Saskatchewan Premier Brad Wall said the new "tax" will damage his province's economy.

"In the coming weeks, Saskatchewan will investigate all options to mitigate the impact of one of the largest national tax increases in Canadian history," Wall said.

Trudeau unveiled the federal move in the Commons in a speech that kicked off debate on a Liberal motion to support ratification of the Paris climate change accord.

Trudeau said a minimum price of \$10 per tonne of carbon dioxide equivalent would be set in 2018, rising to \$50 a tonne by 2022. Provinces will have to meet or exceed that "floor price," either through a direct price on carbon or a cap-and-trade system.

If provinces fail to establish a pricing on carbon, Trudeau said the federal government would impose a carbon price in that jurisdiction. He said the carbon pricing plan would be revenue neutral for Ottawa, saying the revenues would stay in the province where they are generated.

TORSTAR NEWS SERVICE

It has been proven that this is a good way to stop major emitters from fuelling climate change and threatening the entire planet.
Justin Trudeau



MONTREAL

Student with hijab not allowed to take exam

A Montreal junior college is trying to determine how to accommodate a student who was prevented from taking an exam because she wouldn't temporarily remove part of her hijab, a school spokeswoman said Monday.

The young woman was asked by her male biology teacher two weeks ago to pull back part of her headscarf so he could see whether she was wearing headphones, said Line Legare with College de Maisonneuve.

"She didn't want to show him her ears," Legare said, adding the student offered her teacher the possibility of touching her through the hijab to make sure she wasn't trying to cheat.

"That made the teacher uncomfortable."

He then told the student she couldn't take the exam that day.

Legare said the teacher and the student are negotiating another date for her to write the exam. THE CANADIAN PRESS



Yasmin Nakhuda with her monkeys Diva, a lion-tailed macaque and Caesar a Japanese macaque, in Pontypool, Ont. Activists blame a patchwork of outdated and inconsistent laws and bylaws for the rise in ownership of exotic animals. FRED THORNHILL/THE CANADIAN PRESS

Rise in exotic animal ownership a concern

As the sun sets over the sprawling property in rural Ontario, the farmhouse party gets into full swing. The host walks around chatting up the guests, two small monkeys perched on her shoulder. One is dressed in a collared jumpsuit, the other in a polka-dot dress.

Up the hill, a pair of burlesque dancers perform as guests snap photographs of other animals — two miniature donkeys, a wallaroo named Wall-E, a few alpacas groomed like best-in-show poodles, two tiny marmosets, two ferrets and a skittish black-and-white fox.

This is Yasmin Nakhuda's Xanadu where she presides over her menagerie at her home in Kawartha Lakes, where she moved in 2014 after losing her "son" Darwin — a Japanese macaque that escaped from her car and wandered into an Ikea store.

Images of the tiny monkey wearing a beige shearling coat triggered a social media frenzy and a legal battle that Nakhuda eventually lost to an animal sanctuary that Darwin now calls home.

Owning exotics — wild animals taken from their natural habitat or bred in captivity and not native to the country — is a growing trend in Canada, according to animal welfare activists, who blame a patchwork of outdated and inconsistent laws and bylaws.

Rob Laidlaw of Zoocheck, a wildlife protection charity based in Toronto, has been fighting for animals' rights for decades.



Ontario is probably the worst jurisdiction in the country for exotic animal laws.

Rob Laidlaw

there is no central registry," Laidlaw says.

Based on his research, Laidlaw believes there are hundreds of thousands of exotic animals in the country, the vast majority being reptiles.

It doesn't help that the laws vary wildly across Canada, he says.

"Ontario is probably the worst jurisdiction in the country for exotic animal laws and has been for quite a long time," Laidlaw

Reliable data on the number of exotic animals in Canada is difficult to come by, he says.

"There's a vacuum when it comes to statistics and when you're looking at actual numbers

says.

Only two types of animals are banned by the provincial government: pit bulls and killer whales. It is up to municipalities to create their own bylaws, and many of them, such as Toronto and Ottawa, maintain a list of prohibited animals, or as Laidlaw calls it a "negative list."

Instead, he says, Canada should adopt a "positive list" approach used in several European countries that allows ownership of only listed animals.

Laidlaw says two provinces, British Columbia and New Brunswick, have taken some action on exotic animal laws. Both Saskatchewan and Quebec require permits for certain exotic animals, but none are banned. Many provinces in the country take a similar approach to Ontario's and leave it to municipalities to decide. THE CANADIAN PRESS

MENTAL HEALTH

Vet brings lessons from Rwanda to workplaces



Retired Lt.-Col. Stéphane Grenier COURTESY ANDRÉ APPERLEY

Adam Kveton
For Metro | Ottawa

A retired Canadian soldier is applying what he learned dealing with PTSD from the Rwandan genocide to the mental health problems of the workplace.

He's not saying that working in Canada is anything like those dark 100. But retired Lt.-Col. Stéphane Grenier is saying that stress injuries happen at workplaces all the time, and that's where a more social solution

needs to take place.

Grenier spoke with Metro about his experience dealing with his own mental health and the changes he helped implement in the Canadian Forces. His interest began when he first started having mental health troubles.

Grenier had been in the military for about 10 years when he was deployed to Rwanda in 1994. He spent nine months there before finally going home. It was many months before he realized he'd come home with PTSD.

Once Grenier realized he had

PTSD, he found that help was available to him. It was clinical help — pills and doctors. But the support of peers was missing.

Grenier sought to change that. He coined the term "operational stress injury," and pushed for and managed a national peer support program in the Canadian Forces.

Now he's trying to apply the same thing to the workplace where he says mental health has been pushed into the clinical realm.

"Stress is stress," he said, and peer support is an important way to deal with it.

Hurricane wreaks havoc

WEATHER

Matthew claims at least four lives

Heavy rains from the outer bands of Hurricane Matthew drenched Jamaica and Haiti on Monday, flooding streets and sending many people to emergency shelters as the Category 4 storm approached the two countries. Two deaths were reported in Haiti, bringing the total for the storm to at least four.

Matthew had sustained winds of 220 kph as it moved north, up from 210 kph earlier in the day. The centre was expected to pass just east of Jamaica and near or over the southwestern tip of Haiti early Tuesday before heading to eastern Cuba, the U.S. National Hurricane Center in Miami said.

"We are looking at a dangerous hurricane that is heading into the vicinity of western Haiti and eastern Cuba," said Richard Pasch, a senior hurricane specialist with the centre. "People who are impacted by things like flooding and mudslides hopefully would get out and relocate because that's where we have seen loss of life in the past."

Many were taking that advice. In Jamaica, more than 700



People stand on the coast watching the surf produced by Hurricane Matthew on the outskirts of Kingston, Jamaica, on Monday while a hurricane warning was in effect for their country, along with Haiti, Cuba and the Bahamas. **EDUARDO VERDUGO/ THE ASSOCIATED PRESS**

people packed shelters in the eastern parish of St. Thomas and the Salvation Army said there were about 200 people at its shelters in Kingston.

Still, many people chose to stick it out. Local Government Minister Desmond McKenzie said all but four residents of the

Port Royal area near the Kingston airport refused to board buses and evacuate.

In Haiti, authorities went door to door in the south coast cities of Les Cayes and Jeremie to make sure people were aware of the storm. At least 1,200 people were evacuated to shelters in

churches and schools.

"We are continuing to mobilize teams in the south to move people away from dangerous areas," said Marie Alta Jean-Baptiste, head of Haiti's civil protection agency.

At least two fishermen died in rough water churned up by

the storm, Jean-Baptiste said.

Their deaths brought the total for the storm to at least four. One man died Friday in Colombia and a 16-year-old in St. Vincent and the Grenadines on Sept. 28 when the system passed through the eastern Caribbean.

THE ASSOCIATED PRESS

IN BRIEF

Turkey-backed Syrian rebels lose 15 in battles with Daesh

Fighting in northern Syria between Turkey-backed Syrian rebels and Daesh militants killed at least 15 rebels as the opposition pressed toward a town of symbolic importance for the extremists, an activist group and Turkish officials said Monday.

The Syrian government continued to strike besieged, rebel-held parts of Aleppo, hitting the area's largest hospital, according to activists.

THE ASSOCIATED PRESS

Boy shot at South Carolina school to have superhero funeral

The family of a six-year-old boy shot at a South Carolina elementary school says a superhero funeral is planned for Jacob Hall, a week after he was shot along with a classmate and a teacher as his first-grade class left for recess.

Family members say that pallbearers will dress as superheroes and people attending are encouraged to tend services wear costumes.

THE ASSOCIATED PRESS

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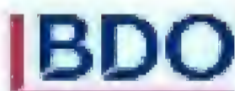
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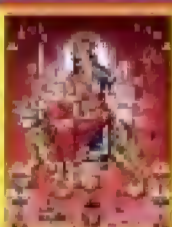
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AFRICA

Unrest continues in Ethiopia as death toll rises



Men wash a woman's face after police used tear gas in Ethiopia on Sunday. **AP/GETTY IMAGES**

Violence flared again Monday in Ethiopia's restive Oromia region, where dozens of people were killed a day earlier in a stampede when police tried to disrupt an anti-government protest amid a massive religious festival.

The state broadcaster late Monday raised the death toll to 55 from the earlier official count of 52. Its report cited a hospital official in the town

where the stampede occurred, and it said three people remained hospitalized with serious injuries.

After the stampede, clashes between security forces and protesters erupted Sunday evening and continued Monday morning in the towns of Bishoftu and Ambo, an Ethiopian government official and witnesses said.

The annual Irrecha thanksgiving festival had drawn huge

crowds, and the stampede occurred as people ran to escape police firing tear gas and rubber bullets and shooting live rounds into the air after anti-government protesters approached the stage where religious leaders were speaking. People were crushed to death. A witness said some of those killed were still being recovered from ditches where they fell.

THE ASSOCIATED PRESS

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3	1	4	8	6	9	5	7	2
5	9	8	1	7	2	4	3	6
2	7	6	3	5	4	1	8	9
4	2	9	6	1	7	3	5	8
6	5	3	4	9	8	2	1	7
7	8	1	2	3	5	9	6	4

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EMMA TEITEL ON THE ULTIMATE CIVIC HOLIDAY

More than 20 per cent of Canadians who said they didn't vote in 2011 abstained because they were 'too busy.'



When I was in high school, running for student council, it was pretty easy to "get out the vote" on election day.

All you had to do was plug in the school's popcorn machine beside the ballot boxes and wait for the smell of hot imitation butter to reel your constituency in to the polls. A word of advice to any politician trying to increase youth-voter turnout: the key to your success is not in lofty promises of progressive change. It's in free food. And equally important: easy access to that food.

Of course I am being facetious, but there is a kernel of truth (sorry) in the popcorn anecdote. People, no matter their political affiliation, are more likely to vote when voting is made easy.

This is why nearly 300 tech employers in the United States announced this month that they will allow their staff to take off a full day's work on November 8, as a paid company holiday, to vote in the U.S. election.

Some of the tech firms who have agreed to make this accommodation include Spotify,

About.com, the Wikimedia Foundation and the political data firm, ShareProgress.

Why are they doing this?

The founder of ShareProgress, Jim Pugh, told the Washington Post that the participating companies hope the new policy raises voter turnout in the United States. "The more we can have this be a norm within the corporate space, the more it's going to push good civic corporate behaviour," Pugh told the Post.

I would take this idea one step further and argue that the more we implement this kind of policy everywhere — not merely in the United States or in the corporate world but here in Canada — voter turnout will increase dramatically.

It's true that the 2015 Canadian federal election saw the highest voter turnout in more than 20 years, but why shouldn't we aim even higher next time around? In fact, to help with employers, why not turn the federal election into a national civic holiday?

Critics of this idea often argue that a national voting holiday wouldn't achieve

much because apathy is the main reason people avoid the polls — not a lack of time. And they do have a point.

According to Statistics Canada data from 2011, the No. 1 reason Canadians didn't vote in the federal election that year was because they were "not interested" in doing so.

But guess what No. 2 was? No time.

According to the same study, 22 per cent of Canadians who said they didn't vote in the 2011 election abstained because they were "too busy." That strikes me as a big number and a big problem.

But it's not a big surprise.

It may be hard for some of the nation's more politically informed and invested people to accept, but there are a lot of good citizens out there whose decision to avoid the polls has little to do with the strength of the candidates on the ballot and everything to do with strictly practical forces such as the weather and traffic.

If you are given a narrow window in which to cast your ballot during your work day, and you have a handful

of tasks to complete before you pick your kids up from school in the afternoon, voting becomes a luxury. I am not making this up: I know several people whose decision to vote is based on nothing more than how busy they are the very day of the election. But they wouldn't dare admit this, for fear they'd be labelled stupid, apathetic and irresponsible.

But they aren't stupid, apathetic and irresponsible. They're just busy. And being busy is not a crime.

Sure, the self-righteous argument that they should know better because they live in the glorious and free utopia of Canada and "how dare they take their voting rights for granted" may hold some truth. But does this disapproving, shaming position do anything at all to increase turnout? No. It just makes people feel bad.

So let's do something that makes people feel good. Let's turn Election Day into a national civic holiday.

Just think about it: If you get the day off to vote, you can make an occasion out of it.

You can go for lunch. You can see a movie. You can pick up your dry cleaning. And most importantly, you can take an extra few minutes or even an hour to think hard about who you'd like to vote for.

After all, what's the use of observing Canada Day, a national holiday marking the moment our democracy came into being, if we don't also grant our citizens ample time to participate in its continued existence?

Community gardens help nourish our city

URBAN PARADIS

Danielle Paradis



What could be more egalitarian and beautiful than a group of people from all walks of life coming together to break bread?

As Edmonton approaches Thanksgiving, that's exactly what's happening, thanks to our growing community garden programs.

"We're harvesting watermelon, Swiss chard, carrots," says Anna Pokhrel, communications co-ordinator for the Mustard Seed Church, which runs several of the programs, and serves 81,000 meals annually.

Gardeners with the Mustard Seed programs get to keep a lot of what they grow. For a city with a lot of land left fallow, these programs are addressing the insecurity with food many of the less fortunate in Edmonton face.

Edmonton has a number of food deserts (areas where good and affordable food is scarce). According to the Canadian Environmental Health Atlas, only a few neighbourhoods have supermarkets within reasonable walking distance.

Community gardens are an important part of the solution.

The Mustard Seed pairs with community leagues and urban-farming spaces like the McCauley community garden. A small plot of land is given, free of charge, to anyone who wants it, and these people then have control over what they grow.

A desire to fight isolation in urban spaces may be one of the reasons Edmonton has seen an increase of community garden spaces, and they're all a great way to meet neighbours.

So, too, is enriching what people are able to eat when living on the margins.

Rochelle Nieuwenhuis is a team lead for the Neighbour Centre, now a branch of the Mustard Seed. Her program pairs with Prairie Urban Farm, a one-acre garden located near the University of Alberta's South Campus.

Participants from the centre weed and care for the garden, and some of the harvest is used in their dinner club.

Dinner club is a program that blurs the line between those providing the service and those consuming its bounty. "We all sit down together to eat. Just the fact that everyone participates is amazing," Nieuwenhuis says.

Community gardens help to provide high-quality fresh food for those who might struggle to afford it. "Nutrition is really important when serving our participants — getting food that is good on the plate. For some people, (dinner club and other programs) may be the only meal they have today that is nutritious" Pokhrel says.

Community gardens are about communities. These spaces invite people from all backgrounds to participate in growing food, and they offer green space and community to people who may not have much of either.

It's something to be thankful for.

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Dumpsgiving an age-old tradition

RELATIONSHIPS

Breaking up over holidays can be tough for students

Sofi Papamarko
Torstar News Service

The first week of September, I overheard a conversation between some international students on U of T campus. They had all just met that day and were sharing basic information about themselves, sweetly and tentatively building new friendships.

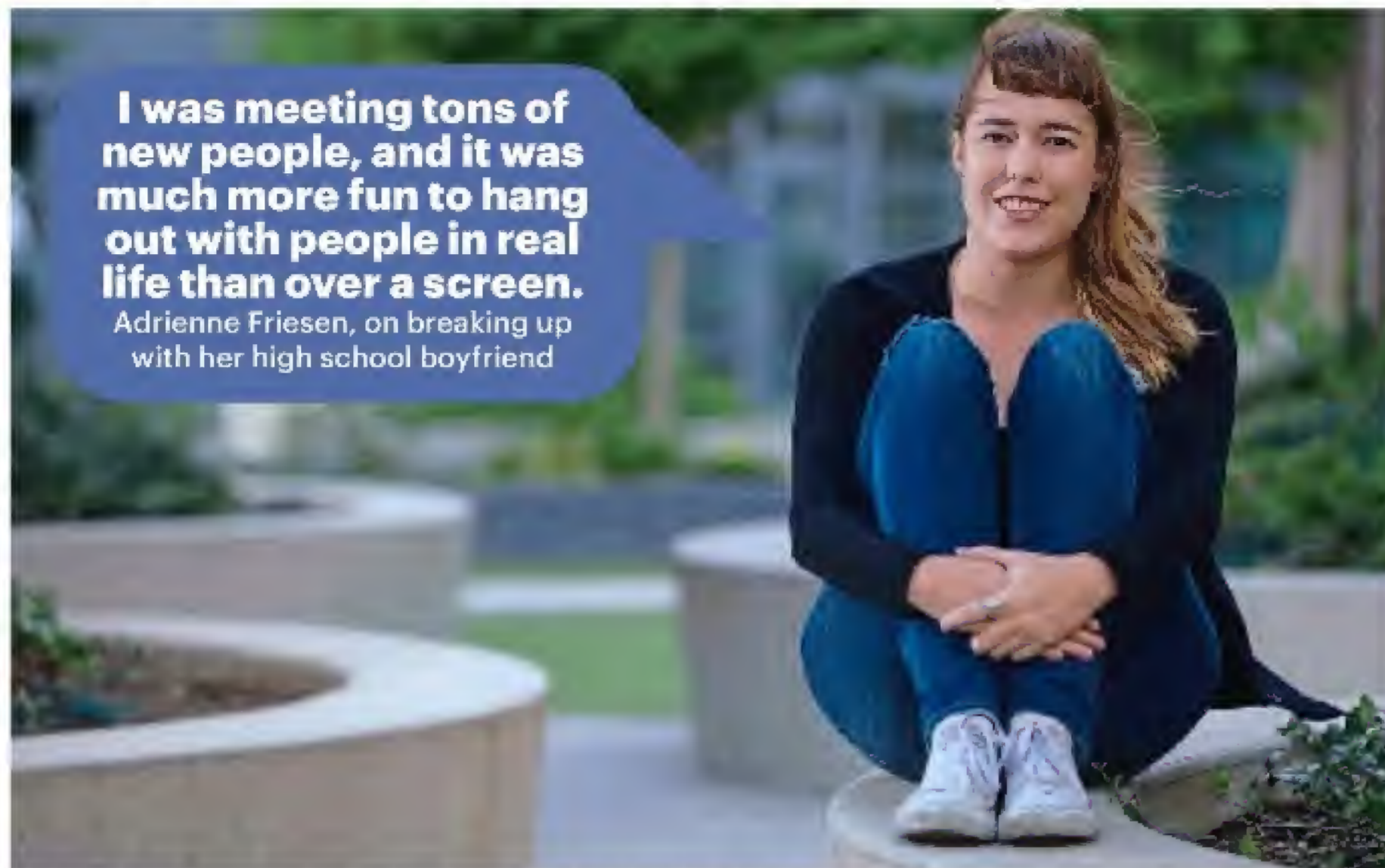
"My boyfriend still lives in Korea," offered one of the fresh-faced freshmen. "We know it will be difficult, but we're going to stay together."

Oh, honey.

Maintaining a long-distance relationship over four years isn't impossible. But it is highly implausible, especially when you're a teenager and are still figuring out who you are.

In my university experience, the students who arrived romantically attached to someone from their hometown were single again after Thanksgiving long weekend.

Known widely as "the Turkey



I was meeting tons of new people, and it was much more fun to hang out with people in real life than over a screen.

Adrienne Friesen, on breaking up with her high school boyfriend

Adrienne Friesen has done the "turkey drop," going home and breaking up over Thanksgiving holiday. CHRIS SO/TORSTAR NEWS SERVICE

Drop" or "Dumpsgiving," it's the phenomenon of first-year university and college students, immersed in their new academic and social lives, ending things with their high school

sweethearts the very next time they see them — usually Thanksgiving weekend. When the end of a relationship is dealt with in unhealthy ways, it can impede student success for a semester — or even threaten the entire school year.

Digital media specialist Adrienne Friesen, 25, is an admitted turkey dumper. When she moved to Toronto for school, she and her high school boyfriend tried to make it work. Unfortunately, the relationship

lasted about as long as a slice of pumpkin pie set in front of Uncle Bill.

"I immediately fell in love with Toronto and realized that I would be staying here long-term, even beyond university," says Friesen.

And by the time U.S. Thanksgiving rolled around, Friesen says it was no longer appealing to schedule Skype calls or phone calls with her boyfriend since her time was filled with her commerce program and be-

ing on the varsity swim team.

"I was meeting tons of new people and it was much more fun to hang out with people in real life than over a screen," Friesen says.

While Friesen says her breakup was a healthy and necessary one, that's not always the case, and many students may find themselves having difficulties healing and moving on.

Dr. Jesmen Mendoza, a psychologist at Ryerson University's Centre for Student Develop-

ment and Counselling, encourages students dealing with a painful breakup over Thanksgiving or at any other time of the year to get in touch with their school's counselling services and take up fulfilling activities.

"Pursuing new social activities (reminds students) that they are more than just someone's ex-partner and they may even find a new romantic opportunity in the process," Dr. Mendoza says. "Those reluctant to pursue counselling may think that they may be judged or shamed, but professional counsellors are invested in helping students becoming hopeful about their future and hopeful about having a successful intimate relationship."

Experts say that consistent exercise, a balanced diet and getting enough sleep can also help ease the physical and emotional symptoms of a breakup. But keeping busy is definitely key.

"Focus on what makes you you, which for me included refocusing on my studies, taking up a new class, getting a part-time job and getting back in touch with friends," says Friesen.

"It's important to get out and about. Even if it's just going to a café to work or study instead of staying home, it helps to be around people. Having a good friend-support system is also helpful."

And don't forget the silver lining to dumping or being dumped on Thanksgiving weekend: there has never been a more appropriate time to eat your feelings.

Pursuing new social activities (reminds students) that they are more than just someone's ex-partner and they may even find a new romantic opportunity in the process. Dr. Jesmen Mendoza

FASHION

Founder bids a fond farewell to Flare

Flare's visionary founder says she's sad to see the fashion publication disappear from newsstands, calling it a rare vehicle for Canadian women to see themselves reflected in a style magazine.

Donna Scott launched the glossy periodical in 1979 as Canada's answer to a proliferation of slick imports such as Glamour, Vogue and Harper's Bazaar.

At the time, professional Canadian women had nowhere to turn for a local perspective on style, design and culture, she says, noting that the women's

magazine Chatelaine was more focused on homemaking and cookery.

"I'm just shocked," Scott said Friday from her home in Niagara-on-the-Lake, Ont., upon hearing the news the publication was going digital only. "It was the first ever fashion magazine for the age group we were appealing to."

Rogers Media announced Friday it was ceasing print publication of Flare as well as Sportsnet, MoneySense, and Canadian Business magazines. Beginning January 2017, they will only be avail-

able on the web and on apps, with new content posted daily.

Scott recalls being struck by inspiration while criss-crossing the country in 1975 as an in-demand speaker for International Women's Year, a United Nations designation that evolved into International Women's Day on March 8.

"I realized that women in Canada didn't have a fashion magazine and what we were doing was reading Vogue and Harper's and Glamour and Mademoiselle," said Scott, who left Flare in 1990 when Rogers took

over Maclean-Hunter. "And they were all great but they didn't have our stores or our prices or our colleges or any of the information that would be for Canadian women."

Scott, now in her 80s, decided to start a magazine that would feature Canadian retailers and designers.

"We were looking at the intelligent young woman who had great hopes when she finished her education to get a career or a job and do well in life," said Scott. "Like men did at that time." THE CANADIAN PRESS



Donna Scott is the founder and former publisher of Flare magazine. THE CANADIAN PRESS/AARON LYNETT



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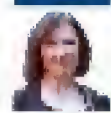
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JOHANNA SCHNELLER
WHAT I'M WATCHING

McKinnon's Clinton steals the show

THE SHOW: Saturday Night Live, Oct. 1, 2016
THE MOMENT: The Clinton-Trump debate

Hillary Clinton (Kate McKinnon) squares off against Donald Trump (Alec Baldwin) on the debate stage.

"He spent his life cheating labourers," Clinton says. "Labourers like my own human father, who made drapes or sold drapes, something with drapes, and he was relatable and I am also relatable."

Later, in her closing statement, she says, "Listen, America, I get it: you hate me. You hate my voice and you hate my face. Well, here's a tip: if you never want to see my face again, elect me president, and I will lock myself in the Oval Office and not come out for four years. But if you don't elect me, I will continue to run for president until the day I die."

Rejoicing abounded when SNL announced that Baldwin will play Trump until the election and rightly so: the actor



Alec Baldwin, left, as Donald Trump, and Kate McKinnon, as Hillary Clinton perform during the "Debate Cold Open" sketch on Saturday Night Live. WILL HEATH/NBC VIA AP

perfectly captures the candidate's jutting lips, bullying cadences and the way he plays to his countrymen's worst instincts. (When I interviewed him this past spring, he called

Trump "America's bile duct.") As great as Baldwin is, though, I don't need a Trump parody. Trump takes care of that himself. McKinnon's performance is more relevant.

By pointing out both Clinton's awkwardness ("my human father"), and the inherent sexism she faces from men and women ("you hate my face"), McKinnon gives us valuable insight into why America can't warm to Clinton. Her impression goes beyond mockery to get to uncomfortable truths.

In this election (and its SNL funhouse mirror), he's getting all the ink. But the story is her.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Kim K. shaken but not hurt in robbery

INVESTIGATION

Five assailants stole \$10M in jewellery at gunpoint

Armed robbers forced their way into a private Paris residence where Kim Kardashian West was staying, tied her up and locked her in a bathroom before making off with more than \$10 million worth of jewelry, police officials said Monday.

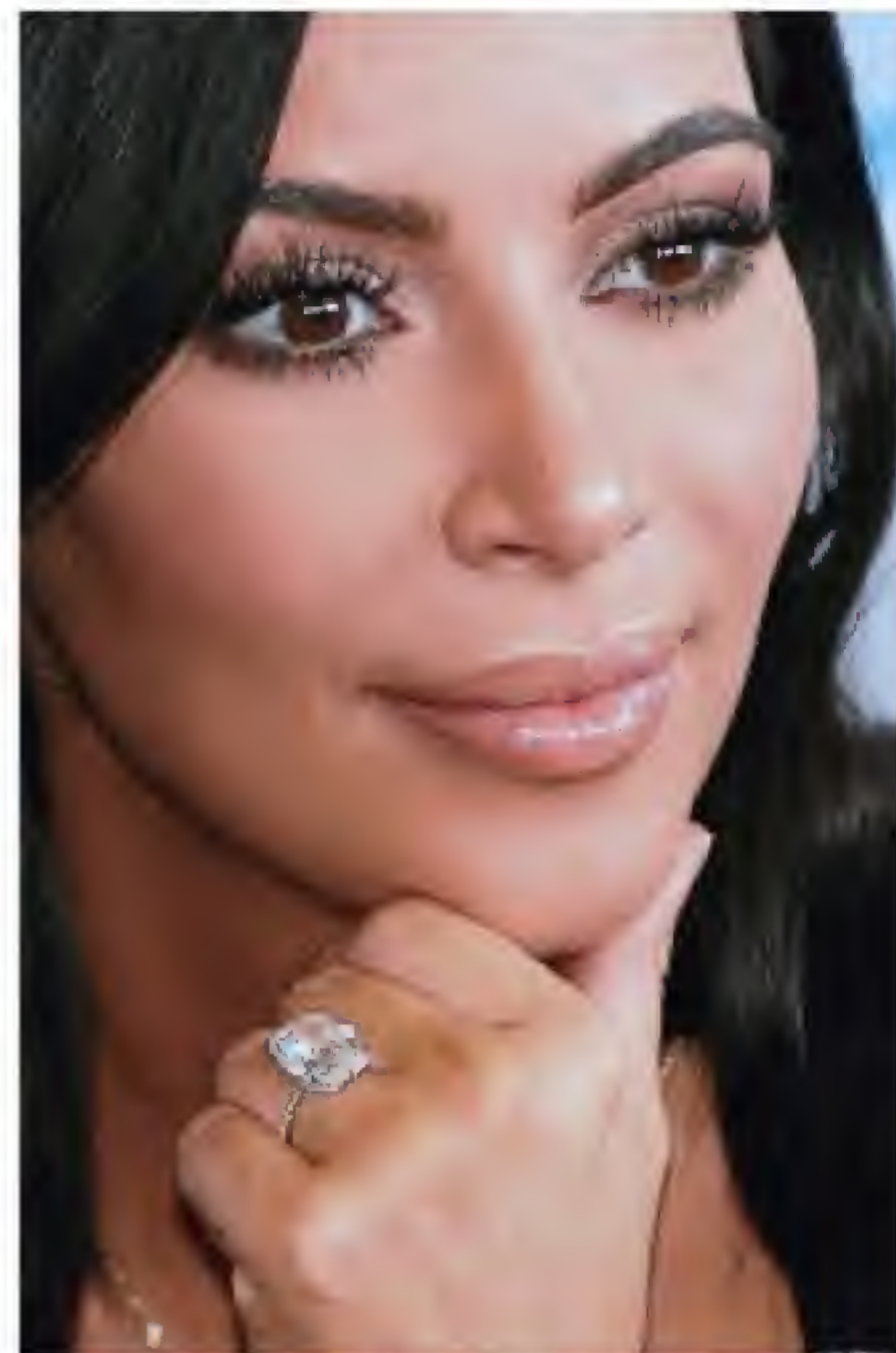
A spokeswoman for Kardashian West said the reality TV star, who was in Paris attending fashion week shows, was badly shaken but physically unharmed.

She left Paris Monday morning a few hours after the incident, and flew to Teterboro Airport in New Jersey. From there she travelled in a motorcade to her apartment building in downtown Manhattan, where there was a heavy security presence.

Friends of Kardashian West consoled the reality TV star in New York City following her ordeal.

Lala Anthony, wife of basketball player Carmelo Anthony arrived Monday afternoon, as did family friends Jonathan Cheban and Simon Huck, who are often featured on Keeping Up With the Kardashians.

Kris Jenner indicated her daughter was doing OK, giving a "thumbs up" signal when a reporter asked how Kardashian West was faring. Video cameras lined barricades outside the building, capturing security guards milling about.



Armed robbers forced their way into a private Paris residence where Kim Kardashian West was staying, and stole more than \$10 million worth of jewelry, police officials said.

AP PHOTO/LIONEL CIRONNEAU, FILE

Paris police are hunting for five suspected assailants after the incident, which has raised new concerns about security in the French capital after a string of deadly extremist attacks.

The thieves entered the 19th-century luxury residence in Paris' chic eighth district after the concierge let them in around 2:30 a.m. local time, according to two police officials. Handcuffed and at gunpoint, the concierge led them to the starlet's flat.

The robbers tied up Kardashian West and locked her in the bathroom before escaping on bikes, the officials said. They were not authorized to be publicly named speaking about ongoing investigations.

The officials said the five stole a jewelry box containing valuables worth 6 million euros (\$6.7 million) as well as a ring worth 4 million euros (\$4.5 million). In a message to The Associated Press, the Paris prosecutor's office said that only two of the five suspects forced their way into the apartment.

Kardashian's stylist was also in the residence at the time, and alerted police, but Kardashian's

bodyguard was not present according to the prosecutor's office.

It's unclear whether the couple's two children, 3-year-old daughter North and 10-month-old son Saint, were with Kardashian West when the robbery happened, or if they were with her at all on her trip to France.

Police said the actress' family was placed under police protection at the George V hotel after the incident.

Her sister Kendall Jenner appeared with Kardashian at Paris fashion shows in recent days and often appears on the catwalk herself. Kardashian's husband, Kanye West, abruptly ended his performance at the Meadows Music and Arts Festival in New York on Sunday night.

"I'm sorry, family emergency. I have to stop the show," West told the audience.

Kardashian West was ambushed last week by a serial celebrity assaulter who attempted to grab her as she was entering a restaurant. She was also attacked outside of a Paris fashion week show in 2014. She wasn't hurt in either incident.

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Stro's show



Marcus Stroman takes the hill tonight in Toronto.

TOM SZCZERBOWSKI/
GETTY IMAGES

AL WILD-CARD GAME

Wobbly Jays have chance to start anew in post-season



Bruce Arthur

One more game. That's all you can ask for, in the good times. In the bad times, one more game is just a chance to buy the popcorn and see your favourite players and feel the rhythm of the games, if you're a fan; to burnish or otherwise add to statistics while getting paid, if you are a player; to evaluate, if you are the general manager; to sell advertising and tickets and merchandise, if you are the owner.

In the good times, it's all that too, sure, but it's something else.

The Toronto Blue Jays have not marched into the playoffs as a conquering army this time. They have scraped in, sparks flying from the bullpen, the hitters ragged and stumbling.

But they got in, and they get to play one more, at home,

against the Baltimore Orioles. The first thing you notice is the starting pitchers. Marcus Stroman for the Jays, despite the way the Orioles batted him around this year for a 7.04 ERA in four starts, and despite the fact that Baltimore can't hit left-handers like, say, Francisco Liriano. Chris Tillman for the O's, despite the recent white-hot streak from Ubaldo Jimenez.

The Jays had to turn their best two starters to get here so it's Stroman, who has been searching for himself this year, or at least for the pitcher he believes he is. Maybe he finds it again Tuesday.

The leash better be short, though, because right now there is only Tuesday. You can imagine a path if you like — a rematch against Texas, having to try to solve Cole Hamels again, seeing the kaleidoscope of Yu Darvish, finding a flammable Rangers bullpen that is just begging to be bat-flipped again. An ensuing best-of-seven against either Cleveland or Boston, whichever, and neither is a superteam. You can imagine a path to the World Series for

the Jays, if you really try.

It's not easy, though, because they will have to be something other than what they have become to get there. The bats have been so dispiriting, and the relievers so vulnerable, and the little mistakes so common, and this season so reliant on starting pitching. In their 13 wins in the last month and two days of the season, the Jays allowed three, two, two, two, zero, two, two, zero, zero, three, one, three and one runs. If starting pitching was a reliable way to win the World Series, then over the years Detroit, or Washington, or the Dodgers, or the Mets would have been happier than they were.

And while this Jays team appears to be missing on big swings, a shadow of last year's juggernaut, they're not dead.

And it might take just one game to start.

And that is the beginning of the path that you can imagine. If they can outpitch the Orioles and catch some mistake pitches before Baltimore trots out its murderous bullpen, then they can win. And then you

face Texas and as we saw last season, anything is possible.

So, one game. It could be the end of Jose Bautista, Edwin Encarnacion and others in Toronto. It could be the end of the sudden party that has enveloped Toronto and the country.

It's been a weird year in one way: with a better record from the start, management wasn't all-in this time; the decisions indicated a franchise undecided, even grudging, until the revenues piled so high that management had to publicly commit to trying to contend next season. Even then, team president Mark Shapiro offered provisos, escape clauses. Maybe they can't find the right players. Maybe there won't be enough money for that. This season-ending mess has given more excuses for a different plan, if nothing else.

But all that matters now is one game. It's a TV bastard tightrope act, the wild card: irrevocable, sudden, one chance to keep breathing after playing 162, no tomorrow unless there is. But it's a game. May as well play it.

Bruce Arthur is a sports columnist for the Toronto Star.

MATCHUP BREAKDOWN

Gibbons selects the 'perfect guy' to start

The Blue Jays and Baltimore Orioles are about as similar as two clubs can be entering the American League wild-card game.

Both teams had 89-73 records in the AL East Division. Both teams clinched playoff spots on the final weekend of the season. And both teams own power-heavy lineups that can feast at a homer-happy stadium like Rogers Centre.

The Blue Jays had a 10-9 edge in the season series but Baltimore took two of three games last week in Toronto.

So who will blink first on Tuesday night?

The Toronto pitching staff led the American League in earned-run average while the Orioles led the majors in home runs.

Chris Tillman gets the start for Baltimore while fellow right-hander Marcus Stroman will be on the hill for Toronto.

"Some guys rise to the occasion. I've seen Stro do that many, many times," Jays manager John Gibbons said Monday. "You play enough of them, you get used to them."




AL wild-card game:
Baltimore at Toronto,
Tuesday, 6:08 p.m.

The winner of the one-game showdown will advance to the American League Division Series. The Texas Rangers will host Game 1 of that series on Thursday afternoon.

The Orioles and the Blue Jays have been in Game 7 mode for several days and it seems rather fitting that they'll open the post-season with a win-or-go-home elimination game.

"There's got to be something to be said for experiencing those kind of games," Gibbons said. "You play enough of them, you get used to them."

THE CANADIAN PRESS

MLB

Britton waiting in the wings for O's

What could be scarier for the Blue Jays than one inning of Baltimore super closer Zach Britton in the American League wild-card game?

How about two innings.

"Yes, (Orioles manager Buck Showalter) told us to be ready for two innings," Britton said as the Orioles worked out in advance of the wild-card game Tuesday night at the Rogers Centre.

"Any time I get asked, that's fine. It's not something I haven't done before. Roles are roles, until they're not. You have to be ready for anything in a game like this. So just be ready when your number is called."

The Orioles rarely call Britton's number for two innings, although the left-hander did record five outs in Sunday's wild-card clinching win over the Yankees. He has only been stretched out past one in-

ning on two other occasions this season, including July 31 against Toronto.

With an all-or-nothing game Tuesday, it wouldn't be a surprise to see Showalter call for Britton earlier than usual, depending on the way the game plays out. When you have the best reliever in baseball, and arguably the best left-hander in the game, it's a no-brainer.

Britton is the one clear advantage Baltimore has over the Jays. He has simply been unbeatable all season, converting all 47 save opportunities he's inherited. He's given up only four earned runs in 67 innings, with 74 strikeouts, 18 walks and just 38 hits allowed.

His ERA dipped below 1.00 on June 9 and has not risen above 0.70 since, winding up at 0.54.

TORSTAR NEWS SERVICE



Zach Britton
GETTY IMAGES

IN BRIEF

McGwire back on the Hall of Fame ballot

Mark McGwire is getting another swing at the Hall of Fame.

The former slugger who admitted using steroids joins Bud Selig, George Steinbrenner and seven others on the Today's Game Era ballot to be considered for election to Cooperstown in December.

THE ASSOCIATED PRESS

White Sox waste little time in hiring new manager

Rick Renteria is getting a second chance to manage in Chicago, this time on the South Side.

The White Sox promoted Renteria from bench coach on Monday, hoping he can help turn around a struggling franchise. Outgoing manager Robin Ventura announced Sunday that he would not return.

THE ASSOCIATED PRESS

MLB PLAYOFFS

Questions swirl around NLDS series

By the time Game 1 of the National League Division Series rolls around, Daniel Murphy will have gone three weeks without a start for the Washington Nationals.

When the NL East champs host the NL West champion Los Angeles Dodgers on Friday to get things started, one big question will be which team deals better with all the time off since the end of the regular season.

Another will be how the Nationals fare without starting pitcher Stephen Strasburg and slugging catcher Wilson Ramos,

both sidelined by injuries (Strasburg for the series, Ramos for the season).

And yet another will be how key players such as 2015 post-season star (while with the Mets) Murphy, 2015 NL MVP Bryce Harper and franchise stalwart Ryan Zimmerman deal with nagging ailments.

"Almost everybody has something," Washington manager Dusty Baker said. "So our training staff and everybody will be busy working on guys."

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NBA RAPTORS EDGED BY NUGGETS PRESEASON IN CALGARY Denver Nuggets' Danilo Gallinari, right, shoots past Toronto Raptors' Bruno Caboclo, during first half NBA pre-season basketball action in Calgary, Alta on Monday. Nuggets defeated Toronto 108-106. THE CANADIAN PRESS/JEFF MCINTOSH

Wounded Panthers face nervous wait on Newton

NFL

Doctor verdict due after star QB taken off with concussion

The Carolina Panthers are 1-3, their MVP quarterback has a concussion and their young secondary just allowed Matt Ryan to throw for 503 yards and four touchdowns.

Yep, the NFC's best team last season is reeling. The Panthers are 1-3 for the fourth time in six seasons under coach Ron Rivera, but the two-time NFL Coach of the Year said this one feels different.

"I think we should be better than we are," Rivera said Monday.

Carolina has won three straight NFC South titles, but is two games behind the Atlanta Falcons (3-1) one quarter of the way through the season. And now there's a chance they could be without Cam Newton for a while.

Newton left Sunday's 48-33 loss to the Falcons in the fourth quarter with a concussion and did not return. Rivera said Newton's status for next Monday night's home game against the Tampa Bay Buccaneers is uncertain. The



Cam Newton inexplicably slowed down nearing the goal line on a two-point conversion run on Sunday and took a legal hit from Falcons linebacker Deion Jones. SCOTT CUNNINGHAM/GETTY IMAGES

Panthers visit the New Orleans Saints in another division matchup in Week 6 before a bye week.

Derek Anderson, who threw two TD passes and two interceptions against the Falcons, would

start if Newton isn't cleared from the concussion protocol. Anderson was 2-0 as a starter for Carolina in 2014 with both wins coming against Tampa Bay.

Rivera last spoke to Newton

“

I have no idea what has come out of the meetings with the doctors.

Panthers' coach Ron Rivera

after the game at the Georgia Dome and said the quarterback told him, "I'm fine."

But the coach said he hadn't spoken to Newton on Monday and that "I have no idea what has come out of the meeting with the doctors."

The Panthers return to practice Wednesday.

Newton inexplicably slowed down nearing the goal line on a 2-point conversion run on Sunday and took a legal hit from linebacker Deion Jones.

Rivera, a former NFL linebacker with the Chicago Bears, seemed to have no problem with the hit, saying "If I was playing I'd have taken the shot." Even before the injury, Newton wasn't playing particularly smart.

He was flagged for a taunting penalty in the first quarter and finished 14 of 25 for 165 yards and a touchdown with a few overthrows.

THE ASSOCIATED PRESS

RECIPE Spicy Beef Tacos with Sweet Potato



PHOTO: MARY VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in 40 minutes

Prep time: 10 minutes

Cook time: 30 minutes

Serves 6

Ingredients

- 1 large sweet potato, diced into bite-size pieces
- 1 Tbsp (15 ml) olive oil
- 1 1/2 tsp (7.5 ml) salt, divided
- 1/2 red onion, thinly sliced and rinsed in very warm water
- 1/4 tsp (1 ml) sugar
- pinch of salt
- 1/3 cup rice vinegar
- 2 lb. (900 g) organic lean ground beef
- 2 Tbsp (30 ml) chili powder
- 2 tsp (10 ml) ground cumin
- 1 tsp (5 ml) cinnamon
- 1 tsp (5 ml) dried oregano
- 1 tsp (5 ml) pepper
- 2 tsp (10 ml) salt
- 4 cloves garlic, minced
- 1/2 cup (125 ml) shaved Monterey jack cheese

- Handful chopped fresh cilantro
- 8 corn tortillas
- jar of prepared salsa

Directions

1. Preheat oven to 400. Toss sweet potato with olive oil and 1/2 tsp (2ml) salt. Spread on a lined baking sheet and bake 5 to 7 minutes. Toss and bake another 5 minutes, or until fork tender. Remove from oven and place in a bowl; set aside.
2. In a small bowl, dissolve sugar and salt in vinegar, add the onions; set aside.
3. In large skillet, cook beef over medium heat, breaking up with spoon, until browned, 10 minutes.
4. Meanwhile, in a small bowl, blend spices and garlic. Stir into meat; cook another 2 minutes. Remove from heat and transfer half to a serving dish. Put other half in an airtight container and store in the refrigerator to use for another dinner. Place beef, sweet potato, slices of red onion, cheese, fresh cilantro, salsa and tortillas out on the table for taco assembly.

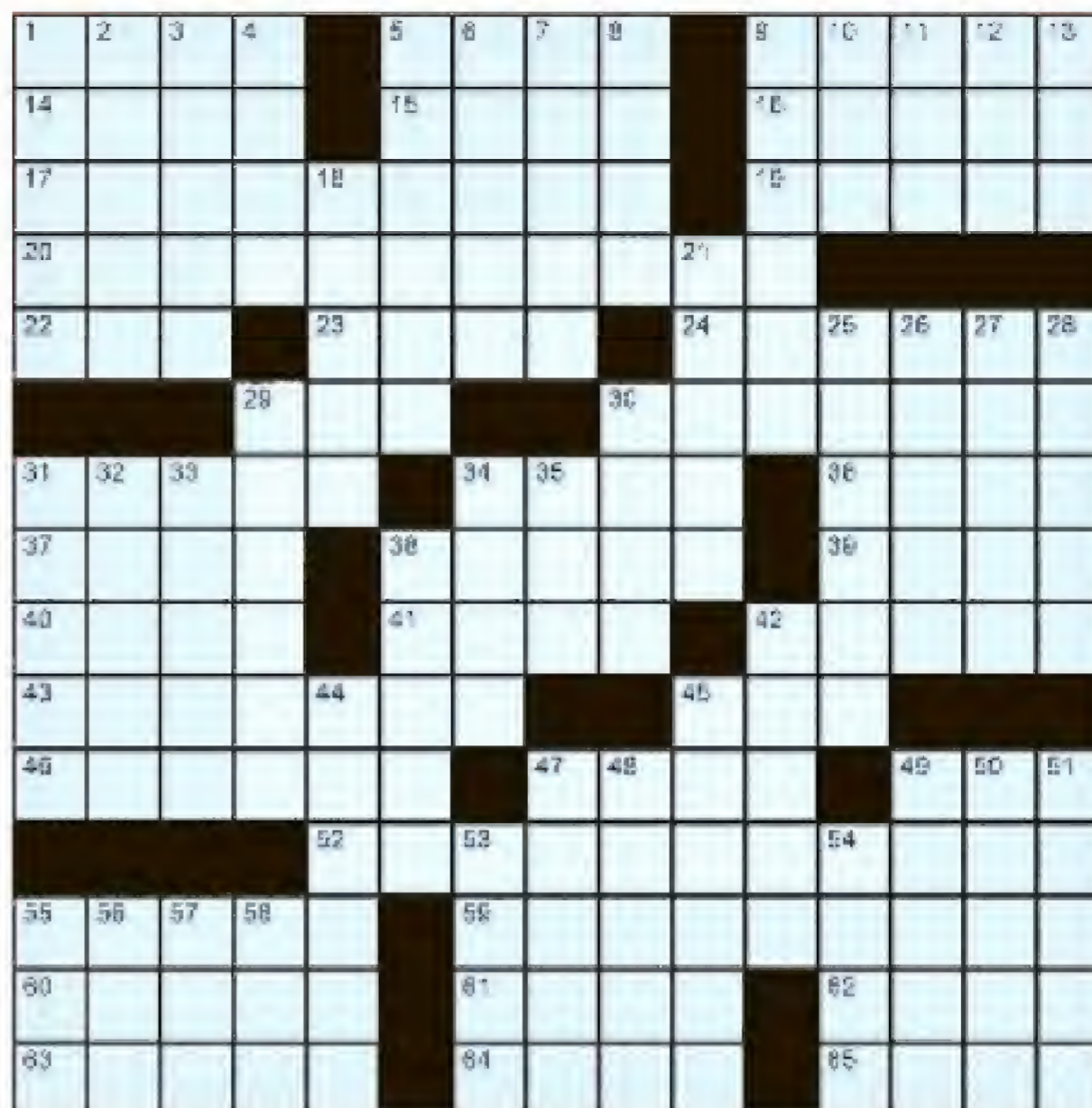
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Reveal the secret
5. Rebuff
9. Jazz legend Ms. Vaughan
14. Moon, in Montreal
15. Towering
16. Doubly
17. Starter in Italian cuisine
19. Red _ (Tree in British Columbia)
20. American _ _ (Ice Age animal which lived in the Yukon)
22. "Forrest Gump" (1994) star ...his initials-shares
23. Ms. Kedrova of "Tom Curtain" (1966)
24. Beaver-like rodent called a 'river rat'
29. Johnny Carson bandleader Mr. Severinsen
30. Lifestyles guru Martha
31. Couch potato's prize possession: 2 wds.
34. Prefix to 'copter'
36. Face shape
37. Elevation on land
38. Sort of shrub
39. Greek alphabet's second letter
40. Old Testament twin
41. Hopped off the horse
42. Jazz legend Mr. Davis
43. "Opportunity" is a 1967 hit by what Canadian band?
45. Carpet store purchase
46. Self- _
47. Bowsprit, for one



49. British singer Mr. Smith
52. The regular folk: 3 wds.
55. 1942 Disney classic
59. Sold, Sotheby's-style
60. Scent
61. Entreaty

DOWN

1. Booming noise
2. Noon hour meal
3. 'Nay' sides in

- debates
4. "Could It _ _ Fall in Love" by The Spinners
5. Radio interference
6. Of the nose
7. Ne plus _ (Perfection)
8. Allied group

9. Sculptor's creation
10. Pointy tool
11. Empty
12. Champion
13. "And I Love _" (Lennon-McCartney)
18. Test episode in television
21. Shenanigan

25. _ _ Matthews, Emilio Estevez's character in "The Outsiders" (1983)
26. Disentangle
27. All worked up
28. Maps book
29. Hoodwink
30. Window blinds segment
31. Subject matter
32. Travel endorsements
33. Angle
34. Hoop's fun friend
35. Record label
38. Ms. Hayek the actress
42. Tuesday, in Tardoussac
44. Antenna
45. The aquatic Rays
47. Brain's 'bonnet'
48. Walked anxiously
49. _ _ _ long (Campfire fun)
50. Aware
51. Mythical wife scorned by Jason
53. Scruff
54. Recipes requirement
55. "Run to You" Canadian rocker ...his initials-shares
56. Curve
57. Farm sound
58. Snazzy car

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day to have a practical discussion with a partner or close friend. People are in a practical frame of mind and are concerned about how to do something.

Taurus April 21 - May 21
You will be productive at work today because it's easy to concentrate. Furthermore, you want practical results from your hard work.

Gemini May 22 - June 21
Discussions about the practicalities of a social event, a vacation or making plans for parties and fun diversions will yield results today. It's a good day to teach children.

Cancer June 22 - July 23
You might talk to a parent or an authority figure in your family today about doing something that needs to be done at home. Listen to the advice of others.

Leo July 24 - Aug. 23
You have an orderly state of mind today, which makes it easy to make long-range plans for the future. You will give careful consideration to everything you do.

Virgo Aug. 24 - Sept. 23
You will be careful about your finances today and how you handle money. If shopping, you will want to buy only long-lasting, practical items.

Libra Sept. 24 - Oct. 23
Today the Sun is in your sign dancing with stern Saturn. This favors hard work and doing anything that will help you to be better organized. Dig right in!

Scorpio Oct. 24 - Nov. 22
Research of any kind will go well today because you won't overlook details. You are willing to accept your duty and defer today's pleasure for tomorrow's results.

Sagittarius Nov. 23 - Dec. 21
An older friend or someone in a group might have wise advice for you today. Listen to what is offered, because it could benefit you.

Capricorn Dec. 22 - Jan. 20
You will impress bosses, parents and VIPs because you are conscientious, hardworking and results-oriented.

Aquarius Jan. 21 - Feb. 19
You might meet a guru-like figure today or a teacher or professor who has wise advice for you. Possibly, you will play the role of adviser for someone else.

Pisces Feb. 20 - March 20
Discussions about shared property, inheritances and financial matters will be productive. You are not in a frivolous frame of mind. In fact, it's quite the opposite — you want to wrap up practical matters.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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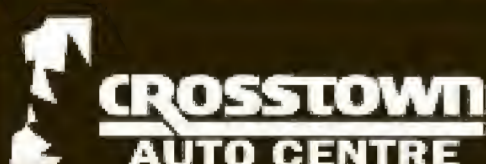
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